



United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age Group: U6

Theme: Ball Exploration

Activity

Diagram

1st Activity (warm-up) *Free Dribble/Robot Tag*

Each player has a ball in an area. The coach has players make little kicks and keep ball coach to foot.

Robot Tag = Coach is Robot and can only walk. If player is tagged they have to do a little trick of some sort (taps, touches, toss and catch, etc...)

Progressions: Players tagged become Robot (can only walk) helpers.

2nd Activity *Boss of the Balls*

The coach stands in center of playing area. Each player has one ball. The coach is the boss of the balls and each player hands coach their ball. The coach distributes the player's ball out into field and tells players how to bring ball back to the coach. Make sure players are moving safely and do not kick ball at coach.

Progressions: bring back using: hands, elbows, behind back, feet, etc...

3rd Activity *Cross Through the Gate*

Players stand on end line of a field. Mark the centerline with a flag on each sideline, this is the gate. On the coaches command the players dribble across through the gates.

Progressions: Add a gate keeper to kick balls away.

4th Activity *Builders and Bulldozers*

A number of tall cones are distributed throughout the field. Choose a third of the players to be builders who have to set the cones back up to a standing position. The other players each have a ball and must dribble to a cone and knock it over using a pass or kick. Players may not use their feet to kick cones over directly. Switch roles after 1-2 minutes.

Progression: count who has more up or down

5th Activity (the game) *Colors*

Make teams of different colors approx. 2 players/color team

Blue, red, green, orange, black, yellow

Call out a color from each side

After a goal is scored or ball is out players return and coach calls out a new set of different colors

Progression: combine 2 colors to play 4v2 to goals

